

April 2007 SenioRx/Wellness Press Release

Contact name _____
Date _____

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LIMITING FATS IN YOUR DIET

The **SenioRx/Wellness Program** sponsored by the **Alabama Department of Senior Services** is offering dietary information on fats for the Month of April. The fats we consume come from both animal and plant foods. To have a better understanding of how fat affects a person's health it is important to know about the different types of fats. Contact your SenioRx Coordinator for more information on fats or attend one of our wellness training being conducted in your community during this Month of April.

The different kinds of fats are as follows:

Saturated fats: These fats are solid at room temperature. Examples of these fats include fatty cuts of beef, pork, lamb, ground beef, sausage, hot dogs, lunch meats, and poultry.

Unsaturated fats: These are liquid or very soft at room temperature. Unsaturated fats are primarily found in oils from plants. These are your polyunsaturated fats (corn, sunflower seeds, sesame) and monounsaturated fats (canola oil, olive, peanut oils). Both polyunsaturated and monounsaturated fats may help lower the blood cholesterol level when used instead of saturated (animal fats) fats.

Trans fatty acids: These fats are liquid vegetable oils going through a process called hydrogenation making the oils more solid. Foods remain fresh for longer periods of time. Many products on shelves in grocery stores use this type of fat to preserve freshness. These fats can cause a risk of developing heart disease and stroke.

It is important to have some fat in your diet because fat carries certain vitamins into the bloodstream and aids in the absorption of nutrients.

The following herbs can be incorporated into your recipes easily.

Basil – Used in tomato based dishes, salads and Italian recipes.

Parsley – Used it in salads and vegetables.

Thyme – Delicious in stews, fish, lamb, pork and beef.

Chives – Sprinkle on potatoes, soups, eggs and salads.

Bay Leaves – Use whole leaf in stews, fish dishes, venison or marinades

Sage – Stuffing or cornbread dressing for chicken, turkey, goose and pork.

Contact your **SenioRx Coordinator** at **1-800-AGE-LINE** for more healthy hints and ideas.